



An Introduction to Prescription Drug Abuse

2015 Training Manual



Governor's Office
of Youth, Faith and
Family

An Introduction to Prescription Drug Abuse

Overview:

This training is designed to introduce critical information associated with prescription drug misuse and abuse by youth and communities within the State of Arizona. This module will cover the following topics:

1. Facts and data about prescription drug misuse and abuse in the State of Arizona
2. How youth obtain prescription drugs
3. Consequences associated with prescription drug misuse and abuse
4. Communication strategies and tips for parents
5. Resistance tips and strategies for youth
6. Strategies for the appropriate storage and disposal of prescription drugs

Time Allocated: 60 minute

Method of Instruction: Facilitator Seminar

Material/Equipment required:

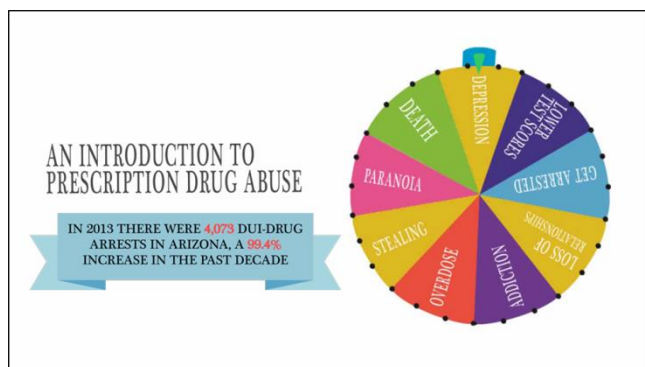
- PowerPoint presentation
- Instructor guide
- Handouts (Examples provided in the Arizona RX Toolkit or they can be downloaded from the Arizona Criminal Justice Commission <http://www.azcjc.gov/ACJC.Web/Rx/toolkit.aspx>)
- Pretest and posttest survey

Evaluation Strategy:

Participant understanding of primary learning objective will be evaluated by:

- Questioning participants during and at the completion of the training to determine their understanding of key concepts and messaging
- Administering a pre and posttest at the beginning and completion of the training to assess participant knowledge and understanding of primary learning objectives

Slide 1&2 - Title Slide & Today's Presentation



An Introduction to Prescription Misuse and Abuse is a presentation that can be used with parents or adults working with youth to increase their knowledge concerning prescription drug misuse and abuse. This presentation is an introductory training designed to give parents and adults working with youth tools to prevent or delay the onset of prescription drug misuse and abuse.



The introduction slide will automatically cycle through the animations for twenty (20) minutes; engaging audience members with facts about prescription drug abuse before the presentation starts. After the twenty (20) minutes have elapsed, the animation will stop but the slide information will stay on the screen. **If you are using a computer with Microsoft PowerPoint 2003 or older, use the presentation without the animated title slide. Alternate introduction slide shown above.**

When you are ready to begin the presentation, introduce yourself, your vocation and why you are qualified to speak on prescription drug misuse and abuse. It is important to be energetic and engaging during the introduction. Do not be afraid to show that you are passionate about this issue and will be sharing real tools that families and communities can incorporate to prevent prescription drug misuse and abuse.

Notes

This training will provide specific State of Arizona data and facts on an issue of great concern in our communities – the intentional misuse and abuse by teens of prescription and over-the-counter medications.

Parents have an important role in efforts to prevent prescription drug misuse and abuse and can strongly influence their child's behavior. During today's event, we will talk about why your role is so important in preventing prescription drug abuse. We'll discuss some of the reasons why kids are misusing prescription drugs, and most importantly, we'll address specific ways you can protect your child. We'll give you tips on how to communicate with your kids, how to safeguard your medications, how to spot medicine abuse and we will discuss the proper disposal methods of unused or expired medications.

Time permitting; engage the audience by reviewing why teen prescription drug misuse is relevant. As parents of, and/or professionals working with teens, we have a responsibility to understand and identify

the pressures that teens are faced with and to help to guide our teens by being proactive in dealing with these pressures. Consider the following information obtained through the Arizona Youth Survey, 2014.

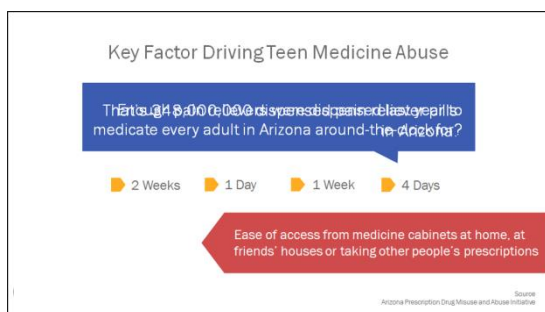
Top 5 reasons youth in Arizona use substances

1. To get high
2. To have fun
3. To deal with stress
4. To keep from feeling sad
5. To stop boredom

Top 5 reasons youth in Arizona do not use substance

1. Not interested
2. Can hurt me
3. Parent disapproval
4. Could be arrested
5. Other adult disapproval

Slide 3 - Key Factors Driving Teen Medicine Abuse



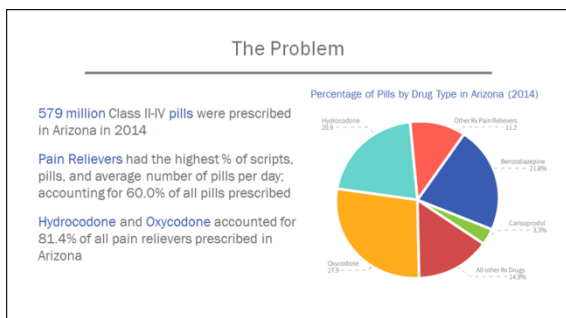
Audience engagement is paramount for community members to retain key information. This slide is designed to give the facilitator the opportunity to engage the audience by asking a question. Once the question is posed, allow the audience to answer. The facilitator may choose to read each answer and have the audience raise their hands or he/she may choose to simply allow the audience to answer at their comfort level.

Notes

Prescription drugs, especially pain relievers, are more readily available than one might think. Teens have access to prescription drugs through medicine cabinets at home, at friends' house, or taking other people's prescriptions. The heartbreaking fact about teen prescription drug abuse is that the parent is often times their child's first supplier – simply because they did not know to lockup and dispose of their prescription medications.

With the understanding of the prescription drug epidemic in the State of Arizona, the prescription drug initiative has been actively working to reduce illicit acquisition, promote responsible prescribing, enhance prescription drug practices, enhance public awareness, and enhance assessment and referral to treatment.

Slide 4 - The Problem



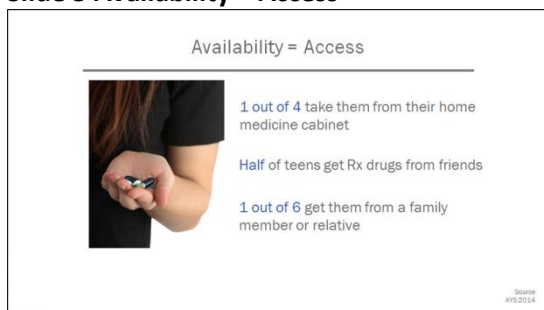
Notes

Class II-IV medications, those being the medications classed as particularly more addictive and more dangerous as listed by the Controlled Substance Act

Not only are enough prescription pills prescribed in Arizona to fully medicate every adult for two weeks

straight but, the types of medications prescribed the most in Arizona are incredibly dangerous and addictive when not used as prescribed.

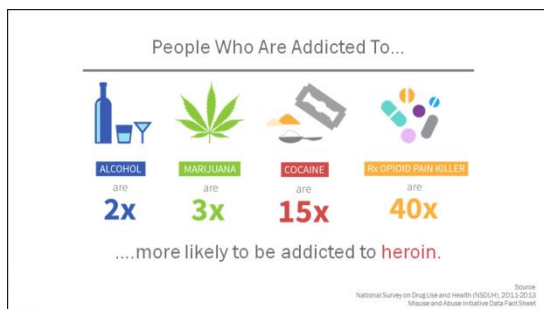
Slide 5 Availability = Access



With so many prescriptions being filled many teens find that there is a wide array of availability in the community.

The three most common locations for teens to access prescription drugs is through the medicine cabinet at home, through friends, and from relatives.

Slide 6 People Who Are Addicted To ...



People addicted to prescription pain killers are **40 times more likely to become addicted to heroin**. That is more likely than those teens using other substances such as Alcohol, Marijuana and Cocaine.

The primary reason for the increased risk for heroin addiction is the similarities that exist between prescription opioids and illegal heroin. Additionally,

addicts can usually obtain a more effective high at a reduced cost when they switch to heroin.

Slide 7 - Descending



This video was produced by a local musician, Rick Hale, depicting the devastation of heroin addiction on his family. The childhood videos are of his younger brother who has struggled with heroin addiction and is currently receiving help for his addiction.

Substance abuse and addiction never affects just one person but the whole family. Discuss how each of the brothers grew up in the same environments with

different outcomes. Discuss how the misuse of prescription drugs can lead directly to the use of heroin. Prevention works. As parents we need to become knowledgeable and reliable resources for our children with specific strategies to appropriately monitor their behavior and restrict access.

Slide 8 - Rx Pain Relievers – Legal Opioids



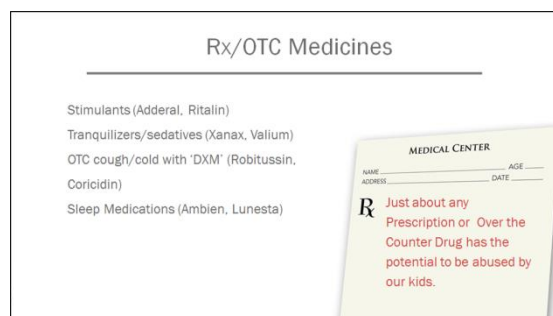
Legal opioids are just as dangerous, addictive and deadly as a street drug like heroin. These pain relievers are opiate based prescriptions, meaning that they are in the same category as heroin. That's why when we say these drugs are just as addictive, deadly and dangerous as a street drug like heroin, it's because it comes from the very same

category and the user can *develop an addiction, suffer from withdrawal and develop a tolerance to these drugs.*

Teens may start by taking prescription pain relievers that were prescribed to them for an injury or illness or they may seek them out from friends, family, or even their home medicine. After time they may form a tolerance, with an increased need they may begin drug seeking. This drug seeking behavior can lead to finding heroin which is significantly cheaper, providing a more effective high.

80% of heroin users report that they started off using prescription pain relievers - NIDA, 2014

Slide 9 – Rx/OTC Medicines



While pain medications pose a significant and real danger to our communities and children, they are not the only medications that parents need to monitor. Consider the following types of medications while securing or disposing of family medications.

Stimulants – Adderall, Dexedrine, Ritalin – Many kids use these to help with studying or to suppress their appetite.

Tanquilizers/Sedatives – Mebaral, Quaaludes, Xanax, Valium – Kids view them as a way to release tension.

OTC cough/cold medications with DXM – Dextromethorphan, DXM – In large doses, DXM can cause hallucinations and feelings of euphoria.

Sleep Medications – Can cause slurred speech, sluggishness, and disorientation. In poly-drug abuse, users may use a stimulant to obtain a high/euphoria and then take other drugs, such as sleep medication, to “come down” from the high.

Just about any prescribed medication and some over the counter medications have the capacity to be abused.

Slide 10 – When Alcohol is Added



Discuss how those who misuse prescription drugs may sometimes be mixing them with other substances such as Alcohol, Marijuana, and Cocaine. Teens report cocktailing which means drinking alcohol in addition to misusing prescription drugs.

Misusing prescription drugs is dangerous enough but mixing prescription drugs and other drugs can cause the respiratory system to shut down, which can lead to death.

Slide 11 – Teen Perception of Safety



Another key factor driving misuse of prescription drugs is the notion that abusing medicine is not as dangerous as "street drugs" like heroin or cocaine.

Teens often perceive prescription drugs as less harmful.

- Sanitized – Created in a medical laboratory for healing purposes
- Sanctioned – Accepted by society as a "positive"
- Safe – Because it is certified by the FDA

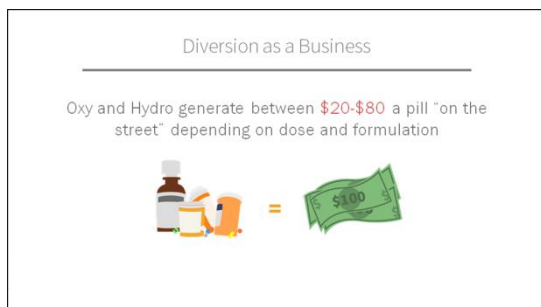
One thing we know for sure is that teens who learn about the risks of drug from their parents are significantly less likely to use drugs. But unfortunately, **most parents aren't having those conversations with their children**. Create opportunities to have open and honest conversations with you kids about difficult issues, such as drug abuse

Slide 12 – What Is It Costing Us?



Prescription drug misuse and abuse has immense social costs for the State of Arizona and its communities.

Slide 13 – Diversion as a Business



The mass amount of prescription drugs available in the State of Arizona presents a significant problem for our communities - the illegal drug trade.

It is important for parents to be aware of the scope of the problem facing Arizona so they can better educate and protect their families and local community.

Slide 14 – The Kindergarten Teacher



This slide is designed to make parents aware of real stories that have occurred in Arizona related to prescription drugs abuse, this slide is in no way designed to scare parents nor is it intended to make parents feel insecure about sending their child to school.

The more educated we are about the problem the more likely and equipped we are to implement and design prevention strategies that are effective and relevant to our family and community

Main Take Away: While it is important to educate our family, restrict access and dispose of unused medications, it is equally as important to know the warning signs of prescription abuse and report any suspicious activity to your local law enforcement.

Story:

Local teacher arrested for selling drugs

STAFF REPORTS Today's News-Herald | Posted: Saturday, December 7, 2013 12:01 am

Authorities arrested local teacher Stefanie Courson, 42, and Michael Stucker, 43, Friday, after a month-long undercover operation focusing on the sale of drugs, according to a press release issued by the Lake Havasu City Police Department.

The operation began after a complaint was received from a concerned citizen that prescription pills were being bought and sold locally by a teacher.

At approximately 11:20 a.m. Friday, Courson was taken into custody after an undercover detective made a final purchase from her in the 300 block of Lake Havasu Avenue North. The undercover detective had bought pills from Courson on several occasions that resulted in the purchase of 225 Morphine pills, 170 Xanax pills, 35 Vicodin pills, and 200 Cyclobenzapriane pills, according to the press release.

Following the arrest of Courson, detectives served two search warrants, one at Courson's residence, in the 3100 block of Bermuda Court, and the second one at Stucker's residence, in the 300 block of Lake Havasu Avenue North.

During the search warrants detectives seized additional quantities of prescription drugs, over \$1,400 in cash and a 2012 Jeep Cherokee, according to the release.

Courson was charged with the sale of dangerous drugs, sale of narcotic drugs, sale of prescription only drugs, and possession of prescription only drugs. Stucker was charged with the sale of narcotic drugs, sale of dangerous drugs, sale of prescription only drugs, possession of narcotic drugs for sale, and possession of dangerous drugs for sale. An additional person, 19-year old Ashley Stucker, was cited and released after she was contacted at the second search warrant and found to be in possession of marijuana and drug paraphernalia, according to Lake Havasu City police department.

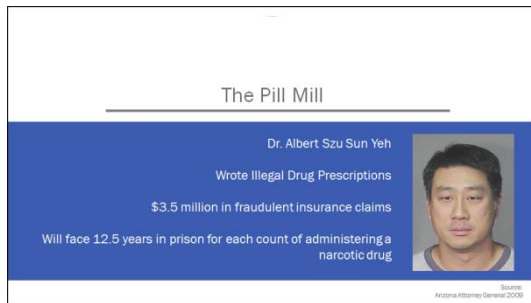
Courson and Stucker will be held at the Lake Havasu City jail pending their initial appearances.

The investigation determined that Courson is a kindergarten teacher at Havasupai Elementary School but she was not conducting the sales while on school property and there is no evidence to suggest that other employees or students are involved, according to the release.

Detectives from the Lake Havasu City Police Department Special Investigations Bureau with the assistance of other detectives from the Mohave Area General Narcotics Enforcement Team, the Lake Havasu City Police Department Street Crimes Unit and Criminal Investigations Bureau and a prosecutor from the Mohave County Attorney's Office participated in the investigation.

Source: http://www.havasunews.com/news/local-teacher-arrested-for-selling-drugs/article_6f1ffe34-5ed7-11e3-92f2-0019bb2963f4.html

Slide 15 – The Pill Mill



Main Take Away: While it is important to educate our family, restrict access and dispose of unused medications, it is equally as important to know the warning signs of prescription abuse and report any suspicious activity to your local law enforcement.

Story:

It only took 58 seconds.

In that time, law-enforcement officials say, an undercover investigator posing as a patient was able to obtain a prescription for the narcotic painkiller Percocet from Dr. Albert Szu Sun Yeh. That prescription and other evidence helped lead to what federal and state officials call an "off the charts" drug bust. Yeh, 44, of Las Vegas, operated a clinic in a small town outside Kingman just one day a week. But he managed to write thousands of prescriptions for highly regulated narcotics, officials say, running what amounted to a drive-through for painkillers. Yeh was charged Monday with 14 felony counts, for not only improperly prescribing drugs, but also money laundering, conspiracy and assisting in a criminal syndicate. Yeh's Pain Wellness Center was open only on Tuesdays. Yet Arizona Attorney General Terry Goddard and others said Yeh would routinely write more than 100 prescriptions a day during his limited operating hours. "This man took (the concept) of time efficiency to an entirely new level," Goddard said at an afternoon news conference Monday. Yeh, who is licensed to practice in both Arizona and Nevada, did not return a message left at his Las Vegas medical practice. He has not had any previous disciplinary actions in either state, medical board records show. Yeh most often prescribed painkillers like OxyContin, Percocet and Vicodin, which drug officials say are widely abused. Yeh's prescriptions, officials say, flooded the market with powerful medications that could easily be sold to others looking for a quick high. The prescriptions Yeh wrote were filled at pharmacies throughout the state, officials said, including some here in the Valley. "It's a pretty doggone big case," said DEA Special Agent in Charge Elizabeth Kempshall. "With the volume of drugs going out the door, we had to take this guy down."

How it worked

Golden Valley, west of Kingman in Mohave County, is home to 5,000 people. Over the past five years, officials say, the town got some extra visitors every Tuesday, when Yeh opened the doors of his Pain Wellness Center on Arizona 68. A steady stream of patients from across Arizona poured through the doors, they say. Each one left quickly, only to be replaced by another. Inside, officials say, Yeh was operating what amounted to a pay-for-prescription service. For \$200, a first-time patient could get a painkiller prescription. Returning customers had to pay \$75 for a "refill" visit. "Dr. Yeh did not practice medicine," Kempshall said. "He dealt drugs." Yeh routinely wrote prescriptions for narcotics heavily regulated under the Controlled Substances Act, known as Schedule II and Schedule III medications. These drugs have documented medical uses but carry a high risk of addiction. To prescribe those painkillers, like hydrocodone or oxycodone, a physician must take a patient's complete medical history, complete a physical examination and establish the presence of chronic pain. But on many days, Yeh's

patients were in and out in an average of two minutes. Kempshall's office said the tip that sparked the investigation came from the Kingman Police Department, after an officer there pulled over one of Yeh's patients for a routine traffic violation. Officials declined to be more specific. Kingman police notified the Drug Enforcement Administration, and a 12-month investigation, using undercover officers posing as patients, was launched. Representatives from several local police departments and multiple state agencies also participated.

Insurance claims

During the course of the investigation, officials also discovered that Yeh had filed nearly 32,000 claims for insurance reimbursement over the past five years. That's too many for any physician complying with medical standards, federal officials said. The affidavit filed against Yeh says that between 2004 and 2009, he submitted nearly \$8 million in claims to the Arizona Health Care Cost Containment System. AHCCCS, the state's Medicaid agency, paid Yeh almost \$2.5 million in reimbursements for his services. Officials say an additional \$1 million was paid to Yeh for other claims submitted to Medicare and private insurers. A separate, seven-count indictment was filed against Yeh's physician's assistant, Bryan V. Espinosa, 54, of Henderson, Nev. Law-enforcement agencies have seized more than \$3.9 million of Yeh's assets, including bank accounts, investment accounts and real estate, under a warrant issued last week. Yeh is not currently in custody, Goddard's office said. Yeh has had a license to practice medicine in Arizona since January 2004. A spokeswoman with the Nevada Attorney General's Office said Monday that her agency has been in contact with Goddard's office but declined to say whether there was a separate investigation under way in that state.

The drug bust

The case is the first big bust for the Phoenix DEA's Tactical Diversion Squad, launched in March. The task force was created to investigate prescription drug crimes, an issue of growing concern here in Arizona. According to the 2008 Arizona Youth Survey State Report, published by the Arizona Criminal Justice Commission, more than one in five teens reported abusing prescription drugs in their lifetime. The figure is increasing, from 14.3 percent of those surveyed in 2006 to 22.4 percent in 2008. In December, the state launched a prescription-drug monitoring program in an effort to combat the improper use of prescription medications. The database, which now contains more than 10 million records, tracks every prescription filled for any drug listed on Schedules II, III or IV of the Controlled Substances Act. The records include the patient's name, date of birth and the doctor who wrote the prescription, among other things. Law-enforcement officials declined to say what role the monitoring program played in their investigation of Yeh. But Dean Wright, the program's director, confirmed that information about the physician's prescribing practices was given to investigating agencies. Goddard said he hopes the charges against Yeh will serve as a warning to other unscrupulous physicians who may be dispensing medications improperly. "This is a very important first step," he said. "We don't think he's the only one."

Source:<http://www.azcentral.com/news/articles/2009/07/14/20090714rxdrugbust.html#ixzz3ijhsZeYB>

Slide 16 – Communicate – 5 Tips to Help

Communicate – 5 Tips to Help

1. Communicate Risks
2. Communicate Disapproval
3. Teachable Moments
4. Talk & Listen
5. Age Appropriate Conversations

Teens who believe that their parents are upset if they try marijuana are 44 percent less likely to do so

Source: The Partnership at Drugfree.org, Partnership Attitude Tracking Study, 2011.

Communicate Risks – It’s important to be open and honest with teens in communicating the risks of drug abuse. Discuss the real life risks of drinking and misusing prescription drugs such as overdose and death.

Communicate disapproval – By voicing disapproval you are setting an expectation for your children. Teens who believe that their parents will be upset if they try marijuana are 44 percent less likely to do so.

Teachable Moments – Take opportunities to discuss drugs and alcohol use as they come up. Children sometimes need a more real world example to gain understanding of how these substances affect others, take the time to teach them. Some examples of easy ways to bring up the topic include a fictional character, movie star, professional athlete, classmate or relative.

Talk and Listen – It is so important to engage with your kids, taking the time to talk and most importantly, to listen to them about their lives and how they are feeling.

Age Appropriate – Use age appropriate language when talking with your children; be sure that you are discussing issues that are more meaningful in their lives, issues that they come across in their lives.

Conversations – Even if you have used in the past it is important to be open with your kids, the discussion is a great opportunity to speak openly about what tempted you to do drugs, why drugs are dangerous, and why you want your kids to avoid making the same mistakes.

Slide 17 – Resistance Tips To Give Youth

Resistance Tips to Give Youth

- Walk away/Leave
- Give an excuse or a reason
- Make a joke
- Hang with others who choose not to use
- Avoid problem situations
- Say “no” and repeat it if they keep pushing.
- Change the subject
- Ignore it
- Offer an alternative

There’s no way to protect our children from finding out about drugs and alcohol but we can prepare them with tools to make positive and informed decisions.

One way to help your child avoid prescription drug misuse is to build resiliency and their ability to say “no” when approached to try prescription drugs.


Make a joke – “I would but my life’s already strange enough as it is.”

Give an excuse – “I would love to, but my mom is crazy – she drug tests me.”

Be sure to give tips that best fit your child’s personality. The key is that we are giving our children real and effective tools to make positive choices for their life and wellbeing.

Slide 18 – Working Together to Prevent Misuse

Working Together to Prevent Misuse



Call home and we will come and get you, rather than you getting a ride home with someone who has been drinking or taking pills. (Rescue Plan)

Let's review how you are going to say "no" when you're faced with pressure from your friends to do something you know is wrong.

Don't just act on impulse. Pause and think of options and then act.

Be sure that you are working together to prevent misuse. These are some concrete examples of ways to help your child if they find themselves in a situation where someone is offering them drugs.

A Rescue Plan is an invaluable way for your child to know what to do if they ever feel as though they are in a situation (not just concerning drugs and alcohol) that they are not comfortable with. The key is to communicate with your child to identify strategies

that will work and allow them to save "face" in front of their friends.

Slide 19 – Parent Talk Kit



Parent Talk Kit

- Get the conversation started
- Drug, alcohol and Rx
- Age appropriate conversations and scenarios for parents and their children

Make sure that every participant has a presentation packet. This packet is designed to prepare for your discussions with your child about drugs and alcohol. There is a section specifically on prescription drugs. There is also a section that breaks out age appropriate information beginning in preschool and ending with your college student.

Open the packet and go through some of the information.

Slide 20 – How To Spot Rx Misuse & Abuse

How to Spot Rx Misuse & Abuse

Here are 5 changes to watch for...

- Missing Pills
- Slurred speech but no odor of alcohol
- Deteriorating relationships with family
- Less openness and honesty
- Abrupt change in friends, groups, behavior

It is important to be observant in recognizing misuse and abuse in teens. There are 5 changes to look for that can help to identify a problem.


Your child may be misusing prescription drugs if:

- You notice missing pills from your medicine cabinet.
- Your child's speech is slurred or they are stumbling without the smell of alcohol.
- Relationships with family start deteriorating.
- Less openness and honesty
- An abrupt change in friends, groups, and behaviors

Note that some of these behaviors are "typical" teen behavior, with nothing to do with drug use, but the suddenness of changes, or the occurrence of several changes at once should alert you to the possibility of a problem.

Slide 21 – What to do When You Spot RX Drug/Alcohol Use

What to do When You Spot Rx Drug/Alcohol Use



- Focus**
Don't Panic, but act right away
- Start Talking**
Let your child know you are concerned
communicate your disapproval
- Set Limits**
Set rules and consequences
- Monitor**
Look for evidence, make lists keep track
- Get outside/professional help**
You don't have to do this alone

As soon as you notice these changes it is time to act. Take the time to calm yourself down and make a plan. **Remember to act, not to react.** Reassure yourself that you can work through this.

It is important to start the dialogue right away, voice your sincere concerns and express your disapproval of their behavior without shaming.

Clearly set rules and provide specific consequences.

If you have been monitoring, you'll need to double your efforts. If you haven't, you need to start. This may also go beyond your previous efforts. You may need to be vigilant and go into their rooms or their cars. You may be uncomfortable doing this, but you are doing it because you love them.

Finally, get outside/professional help – you don't have to do this alone. Talk to a doctor, a teacher, a substance abuse counselor or a parent who has been through this. They will all be willing to help you.

Slide 22 – Special Vulnerabilities

Special Vulnerabilities

- Family history – predisposition to drug or alcohol problems
- Close friends who use drugs or alcohol
- Early first use
- Diagnosed or undiagnosed depression/other mental health disorders
- Problems in school/learning disabilities

If your child is vulnerable, the one thing you should not do is resign yourself to the likelihood that they will end up using. **Vulnerabilities do not predict behavior; they just change the levels of risk.**

Family history – predisposition to drug or alcohol problems: When it comes to a family history of substance abuse, there's no need for a blame game – the simple fact is that your child is at greater risk to

develop a problem. A family history of substance abuse can also provide a powerful **“teachable moment”** when you talk with your kids about drugs. In discussing family history around substance abuse, focus on consequences of problem behaviors; do not glorify or excuse past behavior.

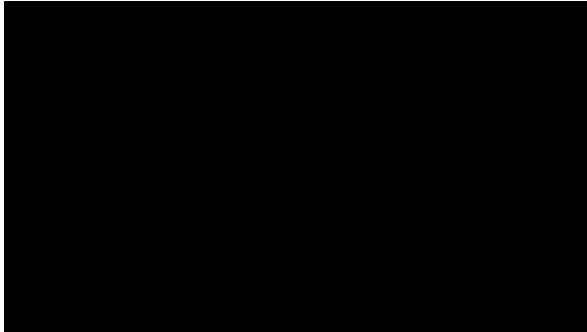
Close friends who use drugs or alcohol – If your kid has close friends who use drugs or alcohol, closely monitor their behavior. The risk for an adolescent using substances roughly doubles.

Early first use – Early first use increases the chances that a kid will develop problems later on. A kid who starts smoking pot at age 14 or younger is more than twice as likely to have a drug or alcohol problem as an adult than a kid who starts using at ages 18 to 20.

Mental health – Teens that undergo a serious period of depression face a sharply increased risk of starting to use drugs and alcohol following that event. The word “self-medicate” is thrown around a lot, but that is exactly what these kids are trying to do.

Problems in school/learning disabilities – Research has also shown that problems in school – both academic and social – place a child at greater risk for substance abuse.

Slide 23 – Parent 360 Rx



This is a video highlighting the stories of real parents and their experiences with prescription drugs. There will be a few questions for discussion after the video.

Slide 24 - Discussion

Discussion

What are your immediate responses to the video?
What was the most surprising thing that you learned about prescription drug abuse from the video?
What do you think these families wish they could have done differently?

Question: “What are your immediate responses?” In just a few words, what do you think or feel about what you just saw?” Try to get as many people to respond as possible, and try to limit responses to a few words. One guest’s strong opinions may prevent others from sharing their views. Ask guests to hold their questions until everyone has shared their initial response.

Question: “What was the most surprising thing that you learned about prescription drug abuse from the video?” Ask audience members to share what they know about teen prescription drug abuse. Some of the key points you want to address are the facts that:

- Many teens say they’ve used.
- Most kids get the drugs at home/from friends.
- Too many parents aren’t talking to their kids about Rx drug abuse.

Question: “What do you think these families wish they could have done differently?” It is important to frame this question in a way that doesn’t blame families, but asks us to learn from their experiences. You want to be sure to address the importance of locking up medication and limiting access to prescription drugs. Also stress the importance of talking with your kids about medicine abuse. Prevention works!

If audience members ask questions that are off track, gently point them back to the guiding questions and offer to speak with them after the presentation. ***Time limitations require you as a facilitator to keep the presentation moving.***

Slide 25 – Take Action!

Take Action!



Learn about the medications kids are abusing

Establish family policies

- Not sharing medicine
- Take medicine only as prescribed
- Following the warnings

Talk with your kids or any kids in your life about the risks

- Oral Surgery
- Sports Injuries

Knowledge is power. The more informed you are on the medications kids are abusing, the more prepared you are to handle issues regarding prescription drug misuse.

Establish family policies before it becomes an issue. By making policies such as not sharing medicine,

taking medicine only as directed, and by following the warnings, you are setting up the ground work for prevention.

Be sure to talk about the risks of prescription drug misuse, especially regarding pain relievers prescribed for oral surgery and sports injuries.

Let your child know that you are working together to keep them safe and healthy.

Slide 26 – Take Action



Be sure you are taking action inside your own home and encourage friends and family member to do the same.

- Keep an inventory and check it.
- Monitor refills if you are finding that you have to refill your prescriptions more frequently than expected you may have cause for concern.
- Don't leave prescriptions in the open, such as in the kitchen or on the nightstand.

- Lock up medications not just to keep them safe from your kids but also from all the kids who come to your home. You can secure your medications by buying a lock box, putting medications in a location only you know about.

Slide 27 – Take Action - Disposal



Always dispose of your medications properly, meaning taking your unused or expired medications to a prescription drug drop box. You can contact your local police department or refer to the handout for a list of locations.

Things that can be brought to a prescription drug drop box:

- Expired or unused pills
- Over-the-counter medications
- Sample pet meds
- Vitamins/Supplements

Note: NO sharps, creams or liquids.

Slide 28 – Prescription Drug Check List



Finally, here is a Prescription Drug Check List for you.

Talk and LISTEN with the children in your life about prescription drug abuse and ask your family to do the same.

Secure your medications in your home so that family members, friends, neighbors don't have access to them.

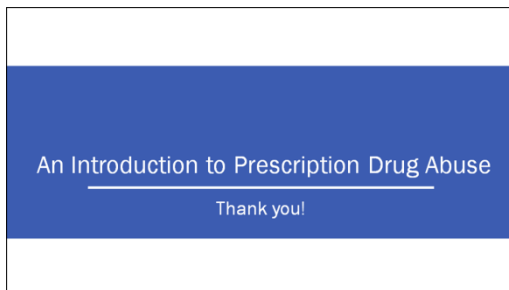
Get rid of unused or expired medications in your home, by taking them to a drop box.

Don't share medications

Ask your doctor or dentist if they are signed up for the prescription drug monitoring program. This program can help save lives in the community.

Spread the word – please help us get the word out to other parents and share the information that you learned today by telling 3 people about what you've learned.

Slide 29 & 30 – Conclusion and Thank You



Make sure to leave time to field any questions that the audience may have.

